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Nutrition and Health Diet Analysis Part II

Comparison of your diet to guidelines

DV's or Dietary Guidelines

USDA MyPlate (compare your intake to the number and size of servings per food group recommended)

Comparison of energy content to DRI's

Carbohydrate discussion: Comparison of your intake to recommended value. Include several food sources of the following obtained from your 3 day food journal.

Complex

Nutritious simple

Concentrated

Fiber—Compare your actual fiber intake to recommendations

Fat discussion: Comparison of your intake to recommended value. Include several food sources of the following obtained from your 3 day food journal.

Saturated

Polyunsaturated

Essential Fatty Acids: linoleic (omega-6)/ linolenic (omega-3)

Monounsaturated

Cholesterol

Protein discussion: Comparison of your intake to recommended value. Include several food sources of the following obtained from your 3 day food journal.

Animal sources of protein

Plant sources of protein

Vitamin and Mineral discussion (2 of each): Comparison of your intake to recommended values. Include at least 2 food sources of each vitamin and mineral chosen from your 3 day food journal.

Overall Recommendations: How would you analyze your overall diet? What recommendations would you suggest for improvement, if any? Do you need a supplement? Why/why not?



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